

Eastern Nebraska Office on Aging

**Deli Menu
September 2018**

| Monday 9/3/2018 | Tuesday 9/4/2018 | Wednesday 9/5/2018 | Thursday 9/6/2018 | Friday 9/7/2018 |
|--|---|--|--|--|
|  Senior Centers Closed | Creamy Crab & Baby Shrimp Macaroni Salad over Tossed Salad Mix Tomato Wedges Crackers (2pk) Diced Pears 1% or Skim Milk | Chicken Salad on Croissant w/ Lettuce & Tomato Cowboy Caviar Diced Peaches 1% or Skim Milk | Classic Chef Salad Ham, Turkey & Diced Egg American & Swiss Cheese 100% Fruit Punch Juice Wheat Breadstick/Marg Red & Blue Jell-O Cake or Diet Jell-O Cake 1% or Skim Milk | Denver Omelet Salad Diced Ham, Bacon, Green Pepper, Onion, Diced Egg Cheddar Cheese Cubes over Tossed Salad Mix Crackers & 100% Orange Juice Frosted Brownie or Diet Cookies 1% or Skim Milk |
| Monday 9/10/2018 | Tuesday 9/11/2018 | Wednesday 9/12/2018 | Thursday 9/13/2018 | Friday 9/14/2018 |
| Sliced Ham & American Cheese on 1/2 Ciabatta Bun w/ Lettuce & Tomato Potato Salad Banana Pudding or Diet Pudding 1% or Skim Milk | Tuna Salad on Hoagie Bun w/ Lettuce & Tomato Carrot Raisin Salad Tropical Fruit 1% or Skim Milk | Chicken Caesar Salad w/ Caesar Dressing & Housemade Croutons over Tossed Salad Mix Crackers (2pk) 100% Grape Juice Decorated Birthday Cake or Plain Cake 1% or Skim Milk | Cobb Salad Bacon, Diced Egg, Diced Chicken Diced Ham & Bleu Cheese over Tossed Salad Mix Crackers (2pk) 100% Apple Juice Ambrosia 1% or Skim Milk | Ham & Swiss Cheese on Wheat Bread w/ Lettuce & Tomato Coleslaw Cinnamon Applesauce 1% or Skim Milk |
| Monday 9/17/2018 | Tuesday 9/18/2018 | Wednesday 9/19/2018 | Thursday 9/20/2018 | Friday 9/21/2018 |
| Turkey & Cheddar on Croissant w/ Lettuce & Tomato Homestyle Potato Salad Fresh Orange 1% or Skim Milk | Crab Meat Salad on Vienna Bread w/ Lettuce & Tomato Green Pea Salad Sliced Apricots 1% or Skim Milk | Creamy Cheese Tortellini over Tossed Salad Mix w/ Grape Tomatoes, Black Olives & Housemade Croutons Chocolate Chip Cookie or Diet Cokes 1% or Skim Milk | Italian Sandwich Turkey, Ham, Pepperoni Cheese, Peppers & Red Onions on Wheatberry Bread Sweet Potato Salad Peach Cobbler or Sliced Peaches 1% or Skim Milk | Teriyaki Chicken Strips Shredded Carrots & Chow Mein Noodles over Tossed Salad w/ Asian Dressing Crackers (2pk) 100% Fruit Punch Juice Fruit Cocktail 1% or Skim Milk |
| Monday 9/24/2018 | Tuesday 9/25/2018 | Wednesday 9/26/2018 | Thursday 9/27/2018 | Friday 9/28/2018 |
| Grilled Chicken Ranch Salad Grilled Chicken Strips American Cheese Grape Tomatoes & Black Olives over Tossed Salad Mix 100% Orange Juice Mandarin Oranges 1% or Skim Milk | Roast Beef & Swiss on Wheat Bread w/ Lettuce & Tomato Marinated Vegetable Salad Lemon Pudding or Diet Pudding 1% or Skim Milk | Classic Chef Salad Ham, Turkey & Diced Egg American & Swiss Cheese over Tossed Salad Mix Crackers (2pk) Vegetable Juice Cinnamon Applesauce 1% or Skim Milk | BLT Supreme Salad Diced Turkey, Chopped Bacon Diced Tomato & Shred Cheese over Tossed Salad Mix Crackers (2pk) 100% Grape Juice Sugar Cookie or Diet Cookies 1% or Skim Milk | Chicken Pasta Salad Fresh Carrot & Celery Sticks Peanut Butter Cup Wheat Breadstick Baked Pineapple or Plain Pineapple 1% or Skim Milk |
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*Salad dressing and Condiments available at senior center

Menus may be subject to change